

LIGHTLY PROCESSED

#1. ALMOND FLOUR BATTER / MIX

88
HEALTH SCORE

HIGH SUGAR

HIGH SODIUM

SCANNED: 8/27/2026, 2:53:13 PM

"This recipe is made from nutrient-dense whole food ingredients including almond flour and eggs. It provides a low-glycemic profile with natural sweetness from honey and contains common allergens like tree nuts, eggs, and dairy."

Wholesome Alternative: Replace honey with mashed berries or a touch of pure stevia for an ultra low-carb option.

HARDWARE TRIGGERS & LED STATUS ARRAY

2 Active Triggers

HIGH SUGAR
>10g added sugar / High-Fructose Corn Syrup
ACTIVE ALERT

SYNTHETIC DYES
Red 40, Yellow 5/6, Blue 1/2
INACTIVE

TRANS FATS
Partially hydrogenated oils
INACTIVE

CHEMICAL PRESERVATIVES
BHA, BHT, TBHQ, Nitrites, Nitrates
INACTIVE

ARTIFICIAL SWEETENERS
Aspartame, Sucralose, Ace-K
INACTIVE

HIGH SODIUM
>460mg sodium per serving
ACTIVE ALERT

HIGH PROTEIN DETECTED
≥10g protein or whole protein source
ACTIVE

COMMON ALLERGENS AUDIT

DAIRY

✓ SOY

✓ GLUTEN

✓ PEANUTS

TREE NUTS

✓ SHELLFISH

EGGS

ARTIFICIAL ADDITIVES, DYES & PRESERVATIVES (1)

[OTHER ADDITIVE] Baking Powder: Standard leavening agent.

HIDDEN SUGARS & SODIUM ALERTS (1)

[HIDDEN SUGAR] Honey: Natural source of concentrated sugars.

LOGGED BLOOD GLUCOSE TEST HISTORY

3 READINGS

Timestamp	Blood Glucose	Context	Meal / Notes	Status
8/27/2026 06:39 AM	121 mg/dL (6.7 mmol/L)	Fasting	Manual Meal / Beverage Log	ELEVATED
8/26/2026 07:15 PM	124 mg/dL (6.9 mmol/L)	2h Post-Meal	salad with olives, egg, onions, one sausage brott	ELEVATED
8/26/2026 07:14 PM	188 mg/dL (10.4 mmol/L)	2h Post-Meal	Lunch corn dogs and sticky rice	HIGH SPIKE

EXTRACTED INGREDIENTS LIST (9 TOTAL)

ALMOND FLOUR *EGGS *UNSWEETENED ALMOND MILK *HONEYVANILLA EXTRACTBAKING POWDERGROUND CINNAMONSEA SALTBUTTER *